



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 43154, Alcoholic beverage, wine, cooking

Report Date: July 04, 2017 15:10 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 4.9g	1 fl oz 29g
Proximates						
Water	g	88.90	--	--	4.36	25.78
Energy	kcal	50	--	--	2	14
Energy	kJ	209	--	--	10	61
Protein	g	0.50	--	--	0.02	0.14
Total lipid (fat)	g	0.00	--	--	0.00	0.00
Ash	g	1.00	--	--	0.05	0.29
Carbohydrate, by difference	g	6.30	--	--	0.31	1.83
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	1.55	--	--	0.08	0.45
Minerals						
Calcium, Ca	mg	9	--	--	0	3
Iron, Fe	mg	0.40	--	--	0.02	0.12
Magnesium, Mg	mg	10	--	--	0	3
Phosphorus, P	mg	15	--	--	1	4
Potassium, K	mg	88	--	--	4	26
Sodium, Na	mg	626	--	--	31	182
Zinc, Zn	mg	0.08	--	--	0.00	0.02
Copper, Cu	mg	0.011	--	--	0.001	0.003
Selenium, Se	µg	0.2	--	--	0.0	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 4.9g	1 fl oz 29g
Riboflavin	mg	0.010	--	--	0.000	0.003
Niacin	mg	0.100	--	--	0.005	0.029
Vitamin B-6	mg	0.020	--	--	0.001	0.006
Folate, total	µg	1	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	0	0
Folate, DFE	µg	1	--	--	0	0
Choline, total	mg	5.0	--	--	0.2	1.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 4.9g	1 fl oz 29g
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	3.3	--	--	0.2	1.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0